

Department of Senior Affairs



A Message From Our Center Manager

Hello all!

Hope the summer has been great for everyone and you have been surviving in the heat! As summer winds down, and kids go back to school we look forward to some things slowing down. However, we do not plan on everything at the center slowing down. We have seen a steady increase in memberships (thank you to everyone for your cooperation in renewing your expired memberships), and larger average numbers for meals and activities. We recently reintroduced flea markets back to our ongoing schedule successfully! On top of that, we plan on resuming our special luncheons next month as well.

A few other items to be on the lookout for this month are a very special 100th birthday celebration for Mr. David Keys on Tuesday, August 16th and National Senior Citizens Day Pie Social on Monday, August 22nd.

Last, but not least, we want to give a huge shout out and thank you to our two Job Mentorship interns in Amanda Urbina and Mariah Tenorio, along with super volunteer Sophia Gibson. We were very fortunate to have them this summer and they did a tremendous job! We hope their experience and education here working with the staff, volunteers and members have helped prepare them for all of their future endeavors. We wish them luck as they continue to grow and learn.

Thanks all and have a wonderful month!

Respectfully,
Tyler Dunn

Center Hours

M-W: 8a-5p Sat: 9a - 3p
Th: 8a-9p Sun: Closed
F: 8a-5p

Special Dates & Announcements

- Aug 1 Out to Dinner
- Aug 2 Flea Market Lottery
- Aug 4 Hiking resumes
- Aug 7 Activities Catalog Published
- Aug 12 Movie Matinee
Tinkertown Trip
- Aug 15 Unser Museum Trip
- Aug 16 David Keys Birthday
- Aug 18 Lunch Bunch
- Aug 22 Pie Social
Food Drive begins
- Aug 23 Papa Felipe's fundraiser
begins
- Aug 26 Vaccine Clinic 1-4pm
Painting with Suki

Coming in September

Intro to Free Write Workshop

See Inside for more details

Accredited by 
National Institute of
Senior Centers



Department of Senior Affairs

NOTE FROM ANNA



Dear Members,

As we continue to be responsive to the needs and interests of our community, we are returning to full-length activities catalog this month. As we have seen an increase in member participation in recent months, it serves as a reminder of how critical our programs are. One of our priorities is creating opportunities to gain new skills, engage and socialize as way of adding joy and fun to our lives. It is our goal that as you read the recent activities catalog, you'll find events and programs that motivate you and match your interests.

We are excited to pave the path for happy and healthier aging in our community. Members can pick up a copy of the updated catalog in all senior, multigenerational and fitness centers. You also can find them in your local library, and other various business and community partner locations throughout Albuquerque or find it in the Sunday Journal on August 7, 2022. We welcome you to join any of our upcoming activities!

As always, the department of Senior Affairs is here for you. If you have any questions, please do not hesitate to reach out to me directly. I also invite you to join us at Coffee with Constituents at Los Volcanes Senior Center on August 10, 2022 beginning at 9:30 where we offer an opportunity to visit about concerns, welcome your feedback or we are always happy to hear your compliments! I hope you will join us, as we always look forward to visiting with you.

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs

GENERAL INFORMATION & ASSISTANCE

SUGGESTION BOX

Please feel free to give us your helpful ideas to make Bear Canyon a more enjoyable activity center. Place your written comments in the suggestion box located at the front desk. We ask that more personal matters be brought directly to the management's attention.

- **Trim tree branches front parking lot. Branches touching vehicles and getting stuck in car doors. Thanks!**

Thank you. We have recently received this suggestion multiple times. We are currently in the process of looking into this with the City's park management. On their direction and expertise, we will explore having a contractor trim all of the trees on the grounds if able and necessary.

- **Can trips be included in the newsletter? We all can't be here at Bear Canyon every day and it is unfair to post them on the board before 1st of the month.**
- Thank you for the suggestion. We completely understand that not everyone is able to be here on a daily basis to be able to see new postings right away. We do and will continue to make sure that any upcoming trips are posted and highlighted in our monthly newsletters. Furthermore, we also do send out email blasts for those who are interested and opted in. Lastly, we will also attempt to notify as many as possible for those shorter notice trips/events. At times these events are towards the beginning of the month which forces us to advertise early.



Teeniors* are tech-savvy teens and young adults who help seniors learn technology through one-on-one personal coaching.

First Friday of each month
3:00 p.m. to 5:00 p.m.

Space is limited, please sign up at the front desk

DRIVER SAFETY CLASSES

First Saturday of the month 9:30a-1:30p
Third Thursday of the month 12:00p-4:00p

Cost: AARP members \$20; non-members \$25
Call (505)767-5959 to register.

RSVP ADVISORY COUNCIL

Council members are needed to promote and recruit for senior volunteer opportunities, evaluate program effectiveness, and assist with volunteer recognition event planning. Council members serve two-year terms. The council meets once a month at the Highland Senior Center. Call 505-767-5225 for more information.

Department of Senior Affairs

PARTICIPANT CODE OF CONDUCT

(Section 2.9: B-C; Revised March 2020)

In order that all users may have a pleasant experience at the center, participants are expected to respect the rights of others and to adhere to the following behaviors:

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Does not harass or bully other participants and/or staff, with racial slurs, verbal abuse, or sexual harassment. Participants must show consideration for the diversity of staff and other participants.
3. Does not use voice and behavior that will disturb other center participants.
4. Does not use language and behavior that other participants and staff will find obscene, abusive or sexually offensive. This includes, but is not limited to in person, by telephone or email.
5. Show courtesy to other participants and staff; respect decision made by center management and bring issues involving the operations of the center to management's attention for resolution.
6. No unlawful weapons are allowed in City facilities.
7. Fighting between participants or with a staff person is prohibited.
8. Smoking is prohibited in City facilities or on City premises.
9. Alcohol consumption or possession of alcoholic beverages is prohibited in City facilities.
10. Treat Center materials, equipment, furniture, grounds, and facility with respect.
11. Use the Senior Center and Senior Center equipment in a safe and appropriate manner.
12. Keep the Senior Center building and grounds neat, clean, and litter free.

Failure to observe rules of conduct may result in disciplinary action being taken against participants, up to and including suspension from the program.

CITY OF ALBUQUERQUE



Mayor Timothy M. Keller

Department of Senior Affairs

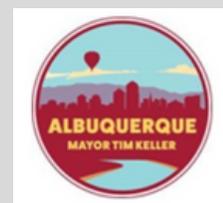
Anna M. Sanchez, Director
Chris Sanchez, Associate Director

Bear Canyon Senior Center Staff

Tyler Dunn, Center Manager
Ya Vette Bailey, Program
Coordinator

Brenda Carroll, Office Assistant
Isaiah Barton, Program Assistant
Irene Gomez, Program Assistant
Ryan Espinda, Cook

Casey Blaisdell, Kitchen Aid
Kelly Trujillo, General Services
Isaiah Poole, General Services



PROGRAM HIGHLIGHTS

FRIENDS OF BEAR CANYON NEWS

FOBC Spotlight

In the spotlight for the month of August is Ila McCrea.

Ila was born in Queens, NY. She was the middle child of three. She said the winters in New York are cold with the snow plentiful; that is why she relocated to Albuquerque.

Ila and her husband met on a blind date. She said that she knew immediately that he was 'the one'. They were married 2 years later and have been married for 59 years. They have 3 children, 2 girls and 1 boy. She has 8 grandchildren, 4 girls and 4 boys. One daughter and 2 grandchildren live in Albuquerque. She has a daughter that lives in Maryland and a son that lives in Colorado. All of the children attended Albuquerque Public Schools.

Ila and her husband, Pete, love to travel, first it was private travel then with Sun Tours. One of the most beautiful things to see were the cherry blossoms in full bloom in Washington, DC. Ila also lists the Rose Parade in California as one of her favorite places and the food in Shipshewana, Indiana as outstanding.

Ila volunteers for the Police Department. She and Pete attended the Citizens Police Academy, class #39 in 2011.

While her husband was accumulating over 3 million accident free miles as an 'over the road' truck driver, Ila was raising 3 kids at home alone.

Ila retired in 2000 from APS and took a year off to clean house; then joined Bear Canyon and began helping Millie with Friendship Coffee and working in the office. In 2016 Ila received the R.S.V.P. Lifetime Achievement Award.

===== FUNDRAISING =====

Tickets for the restaurant fundraisers will be available on the 7th of each month.

PAPA FELIPE'S

AUGUST FUNDRAISER



Tuesday, Aug. 23 & Wednesday, Aug. 24
11 am - 8:30 pm
9800 Menaul NE

Many thanks to Cinnamon, Sugar & Spice Café for their generosity and willingness to be our first Restaurant of the Month.

COMING SOON!



We are already working hard to bring you the next raffle this winter! It will be here before we know it.

CALENDAR & ACTIVITIES

COMPUTER ROOM INFORMATION



Windows User Group

Third Wednesday of the month
1:30 pm to 3:30 pm
Contact person: Harold Gottlieb
Email: hbgottl2@q.com



Chromebook User Group

Fourth Wednesday of the month
1:30 pm to 3:30 pm
Contact person: Bill Miller
Email: bearcanyonclasses@gmail.com

Please contact the user group leaders to share subjects of interest, and to address concerns or questions.



Apple Users

Drop In Assistance
Mondays 9:00 am to 11:00 am
Contact person: Jean Maka
Email: huntgen@gmail.com

OPEN COMPUTER LAB
Monday, Wednesday, and Friday
9:00–11:00 am
iMac, PC, and iPad available

HEALTH

GERIATRIC EDUCATION AND HEALTH MAINTENANCE (GEHM)



Second Tuesday of the month
8:30 a.m. to 12:00 p.m.
In the Lobby

GEHM provides a wide variety of health services to help seniors achieve and maintain a high level of health and independence. UNM nursing and pharmacy students provide the services.

BLOOD PRESSURE SCREENING

Wednesdays

9:00 a.m. to 11:00 a.m.

Room 2

RN volunteers needed to perform the blood pressure screenings. If you are interested in volunteering, please contact Patricia at (505) 401-3529.



INFORMATION, ASSISTANCE & SPECIAL EVENT



**Come Celebrate
David Keys
100th Birthday
with family & friends**

Tuesday, August 16th
2:30 - 4:30 pm
Multipurpose Room

V.F.W. POST 10763

Post meetings are held at Bear Canyon the first Thursday of every month at 10 a.m. All Veterans with service in a war, campaign or expedition on foreign soil or in hostile waters are eligible for membership.

V.F.W. Post 10763 in partnership with the Friends of Bear Canyon is hosting a food drive to collect and donate food to Roadrunner Food Bank.

Let's fill the pickup!



August 22 - September 10

Bring your non-perishable food items to Bear Canyon Senior Center.

NEW MEMBER ORIENTATION

An informative new member orientation and tour takes place every month on the 2nd Friday, 10:30 a.m. to 11:30 a.m.

MEMBERSHIP CARDS

Membership Cards are required when purchasing meals and attending any activities at the center. Membership fee is \$20 per year and is valid at all Senior (50+) and Multigenerational centers.

**HANDOUTS AVAILABLE
AT FRONT DESK**

- DSA Information Catalog
- List of Ongoing Activities at Bear Canyon
- DSA Guide to Senior Services

HELPFUL NUMBERS

Department of Senior Affairs764-6400
 City of Albuquerque General Info311
 Non-emergency Police242-COPS (2677)
 Emergencies911

TRIPS, ACTIVITIES & PRESENTATIONS

UPCOMING TRIPS

Space is limited.
Sign up at the front desk.

Friday, August 12 - Tinkertown

Check in: 9:15 a.m. Return: 3:00 p.m.
Cost: \$6 per person at the door



Monday, August 15- Unser Museum

Check in: 9:15 a.m. Return: 3:00 p.m.
Cost: \$6.00 person at the door



INTRO TO FREE WRITE WORKSHOP

Free Write is a creative writing workshop for those who want to express themselves through short fiction and real life stories. Participants will write on various topics using 2-3 prompts.

2 sessions
Thursdays, Sept 8 & 15
1:00-2:30 pm
Room 3

Space is limited. Sign up at the front desk.

FLEA MARKET

Tuesdays 10:00am -- 2:00pm
Next Lottery: August 2, 9:30a
Tables are \$2 per day

For more information please contact the front desk.

OUT TO DINNER

Monday, August 1 at Ruth's Christ Steak House

6640 Indian School Road NE
Check in: 4:45 p.m.
Return: 8:30 p.m.



LUNCH BUNCH

Thursday, August 18 at Cheddar's Scratch Kitchen

4865 Pan American West Freeway, NE
Check in: 10:45 a.m.
Return: 3:00 p.m.

Please sign up at the front desk and let us know if you'll be riding on the van or taking your own vehicle.

PAINTING WITH SUKI

Friday, August 26
2:00 p.m. to 4:00 p.m.
Room 5

Sign up at the Front Desk for the lottery drawing on August 19th. Need not be present: we will notify those drawn.



CALENDAR & ACTIVITIES

THURSDAY NIGHT DANCE

6:00 p.m. to 8:45 p.m.



Come on Thursdays for a whirl around the dance floor. Your current membership card and \$3 will get you in for an exciting evening of music and dancing.

- **Aug 4 - Recorded**
- **Aug 11 - Paul Pino**
- **Aug 18 - Roger Burns**
- **Aug 25 - Desert Springs**



FRIENDSHIP COFFEE

Every Tuesday, 9:30 a.m. to 10:30 a.m.

Friendship Coffee is a great opportunity to gather with old friends and make new ones while enjoying a cup of coffee and a morning treat. The event is free, thanks to the generosity of our sponsors and supporters.

Last month's sponsors:

- **Jul 5 - BCSC**
- **Jul 12 - Sandia Vista**
- **Jul 19 - MedCare**
- **Jul 26 - Blue Cross Blue Shield**



Blue Cross Blue Shield of New Mexico Care Van Events

Senior Affairs and Blue Cross and Blue Shield of New Mexico are partnering to bring a no-cost mobile van health event featuring health screenings from 9am-12pm and Medicare 101 education from 10-11am at senior and multigenerational centers. Transportation will be provided. Visit with front desk staff for more information or to sign up and reserve your space today.

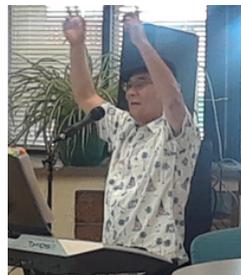
Event Dates:

North Domingo Baca Multigen Center | Sept 28
Highland Senior Center | Oct 7
Manzano Mesa Multigen Center | Oct 20
Los Volcanes Senior Center | Oct 28

Past Events & Activities

Independence Day Ice Cream Social

We'd like to express our appreciation to all the wonderful folks who made the social a huge success: summer interns, Amanda and Mariah served up ice cream; Norio Hayakawa lead with music and singing; Bill Verant and friends brought their classic cars out for show; and members of VFW Post 10763 served up popcorn. Some folks sang along while others danced.



TNT instructor, Elaine, sets up for class

High Energy Active Travelers toured airport and visited the Allan Houser Gallery in Santa Fe



Breakfast and Lunch Menu

Oso Canyon Café

Breakfast Menu

Served 8:00 a.m. to 9:00 a.m.

Monday through Friday

Full Breakfast	1.50
2 eggs, 2 pieces of bacon or sausage, hash browns, english muffin, toast or tortilla	
Mini Breakfast75
1 egg, bacon or sausage, hash browns, english muffin, toast or tortilla	
Breakfast Burrito	1.50
1 egg, bacon or sausage, hash browns (Chile optional)	

A-la-Carte

Egg25
2 Pieces of bacon or sausage50
Pancake25
French Toast25
Egg Muffin Sandwich	1.00
Toast or Tortilla20
Hash Browns30
Hot Cereal w/milk70
Side of Chile25

Waffle Wednesday:

Plain	1.00
With Strawberries & Cream	1.50
Biscuits & Gravy (Thursdays)	1.00
Huevos Rancheros (Fridays)	1.50

Drinks

Milk25
Juice25
Tea30

Lunch A-la-Carte

Lunch is served from 11:30 a.m. to 1 p.m.

NO reservation is required for A-la-Carte

Salad

Small Garden Salad	1.00
Large Chef's Salad	2.00

Sandwiches

Cold Turkey	1.50
Turkey Melt	1.50
Sandwich of the day	1.50
Grilled Cheese	1.25
½ Sandwich75

Drinks

Milk25
Juice25
Tea30

Slice of Pie (daily selection varies)	.50
Bowl of Soup (daily selection varies)	.50

August Lunch Menu

Oso Canyon Café - Lunch Daily Specials - \$3.25

Reservations for daily specials must be made by 1 p.m. the previous day - Call 505-767-5959

Lunch is served from 11:30 a.m. to 1:00 p.m.



AUGUST 2022

The Department of Senior Affairs Senior Meal Program is proud to be part of the **New Mexico Grown** state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <ul style="list-style-type: none"> ♦ Meatloaf w/ Tomato Gravy ♦ Roasted Red Potatoes ♦ Succotash ♦ Fresh Seasonal Fruit ♦ Whole Grain Dinner Roll w/ Margarine ♦ 1% Milk 	<p>2</p> <ul style="list-style-type: none"> ♦ Green Chile Chicken Enchiladas ♦ Pinto Beans ♦ Calabacitas ♦ Mandarin Oranges ♦ 1% Milk 	<p>3</p> <ul style="list-style-type: none"> ♦ Philly Cheese Steak Sandwich ♦ Steamed Carrots ♦ Cinnamon Apples ♦ 1% Milk 	<p>4</p> <ul style="list-style-type: none"> ♦ Spaghetti w/ Marinara Sauce ♦ Broccoli w/ Red Peppers ♦ Seasonal Vegetable ♦ Garlic Bread Sticks ♦ Yogurt ♦ 1% Milk 	<p>5</p> <ul style="list-style-type: none"> ♦ Salmon w/ Pineapple ♦ Brown Rice Pilaf ♦ Diced Beets ♦ Seasonal Vegetable ♦ Honeydew Melon ♦ 1% Milk 
<p>8</p> <ul style="list-style-type: none"> ♦ Sweet and Sour Pork ♦ Brown Rice ♦ Fajita Blend Veggies ♦ Green Peas ♦ Vanilla Pudding ♦ 1% Milk 	<p>9</p> <ul style="list-style-type: none"> ♦ Cheeseburger w/ Mushrooms ♦ Seasonal Vegetable ♦ Tater Tots ♦ Banana ♦ 1% Milk 	<p>10</p> <ul style="list-style-type: none"> ♦ Lime Fish Tacos ♦ Calabacitas ♦ Steamed Carrots ♦ Fresh Seasonal Fruit ♦ 1% Milk 	<p>11</p> <ul style="list-style-type: none"> ♦ Beef Tips w/ Gravy ♦ Spinach w/ Onions ♦ Sweet Potatoes ♦ Watermelon or Fresh Seasonal Fruit ♦ 1% Milk 	<p>12</p> <ul style="list-style-type: none"> ♦ Chicken Alfredo ♦ Zucchini w/ Red Peppers ♦ Seasonal Vegetable ♦ Fresh Peaches or Fresh Seasonal Fruit ♦ 1% Milk 
<p>15</p> <ul style="list-style-type: none"> ♦ Omelet w/ Red Chile ♦ Stewed Tomatoes ♦ Diced Potatoes ♦ Whole Grain Biscuit w/ Margarine ♦ Mandarin Oranges ♦ 1% Milk 	<p>16</p> <ul style="list-style-type: none"> ♦ Spaghetti W/ Meatballs ♦ Green Beans ♦ Seasonal Vegetable ♦ Pineapple ♦ 1% Milk 	<p>17</p> <ul style="list-style-type: none"> ♦ Roasted Pork Loin w/ Brown Gravy ♦ Scaloped Potatoes ♦ Seasonal Vegetable ♦ Whole Grain Roll ♦ Pears ♦ 1% Milk 	<p>18</p> <ul style="list-style-type: none"> ♦ Pollock w/ Tartar Sauce ♦ Brown Rice ♦ Seasonal Vegetable ♦ Green Peas ♦ Fresh Seasonal Fruit ♦ 1% Milk 	<p>19</p> <p>CHILLED MEAL</p> <ul style="list-style-type: none"> ♦ Chicken Salad Sandwich on Whole Grain Bread ♦ Fresh Cucumber Slices ♦ Cole Slaw ♦ Cantaloupe ♦ 1% Milk 
<p>22</p> <ul style="list-style-type: none"> ♦ Salisbury Steak w/ Brown Gravy ♦ Seasonal Vegetable ♦ Mandarin Oranges ♦ Roasted Rosemary Potatoes ♦ 1% Milk 	<p>23</p> <ul style="list-style-type: none"> ♦ BBQ Pork ♦ Baked Beans ♦ Whole Grain Roll ♦ Fresh Seasonal Fruit ♦ Broccoli & Red Peppers ♦ 1% Milk 	<p>24</p> <ul style="list-style-type: none"> ♦ Baked Chicken w/ Brown Rice Pilaf ♦ Sweet Potatoes ♦ Green Beans ♦ Red Grapes ♦ 1% Milk 	<p>25</p> <ul style="list-style-type: none"> ♦ Spinach Lasagna ♦ Seasonal Vegetable ♦ Summer Squash ♦ Garlic Breadstick ♦ Yogurt ♦ 1% Milk 	<p>26</p> <ul style="list-style-type: none"> ♦ Baked Garlic Tilapia ♦ Ancient Grain Blend ♦ Brussels Sprouts ♦ Corn & Bell Peppers ♦ Honeydew Melon ♦ Cookies ♦ 1% Milk 
<p>29</p> <ul style="list-style-type: none"> ♦ Sliced Ham ♦ Corn Bread ♦ Pinto Beans ♦ Collard Greens ♦ Peaches ♦ 1% Milk 	<p>30</p> <ul style="list-style-type: none"> ♦ Beef & Vegetable Stir Fry ♦ Buttered Noodles ♦ Fresh Seasonal Fruit ♦ Green Beans w/ Mushrooms ♦ 1% Milk 	<p>31</p> <ul style="list-style-type: none"> ♦ Fish & Chips ♦ Stewed Tomatoes ♦ Warm Sliced Apples ♦ Whole Grain Roll ♦ 1% Milk 	<p>Sept. 1</p> <ul style="list-style-type: none"> ♦ Chicken Alfredo ♦ Steamed Broccoli ♦ Seasonal Vegetable ♦ Fresh Strawberries ♦ 1% Milk 	<p>Sept. 2</p> <ul style="list-style-type: none"> ♦ Green Chile Cheeseburger ♦ Tater Tots ♦ Sliced Tomatoes ♦ Watermelon ♦ 1% Milk 